

Live  
Trim  
Bleed



**Keep Your Body Healthy.  
Don't Use Inhalants.**

Abuse of inhalants can damage the brain, heart, kidneys, and liver. For more facts about inhalants, in English and Spanish, visit <http://inhalants.drugabuse.gov>.

*Comments or inquiries?  
Email: [information@lists.nida.nih.gov](mailto:information@lists.nida.nih.gov)  
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NIDA: The Science Behind Drug Abuse

